

ENGLISH	SOMALI
Welcome to the Maine WIC Nutrition Program!	Ku Soo Dhowaada Maine WIC Nutrition program!
WELCOME! You are part of the best nutrition program in the United States. The Maine WIC Nutrition Program serves over 26,000 Maine women and children every month. About 300 grocers and 100 farmers in the state accept WIC checks and offer foods approved by WIC.	SOO DHOWAADA Wuxuu caawiyaan in ka badan 26,000 oo ah dumarka iyo carruurta Maine bil walba. Ilaa 300 oo dukaamada cuntada iyo 100 beeralay ah ayaa aqbala jeegagga WIC, bixiyana cuntada ay WIC ogoshahay
Nutrition and breastfeeding professionals work at every local WIC agency. At no cost to you, they provide: <ul style="list-style-type: none"> • Checks to buy healthy foods in grocery stores • Special checks to buy fruits and vegetables at Maine farmers' markets, farm stands, and grocery stores • Health and nutrition information • Tips for a healthy pregnancy • Breastfeeding support, including breast pumps • Ideas for feeding infants and young children • Information about infant and child development • Monitor and evaluate proper growth and weight gain • Test to screen for blood iron level • Referrals to local health and assistance programs 	Dad khibrad u leh nafaqada iyo nuujinta naaska ayaa jooga xafiiska WIC ay leedahy. Iyadoo wax kharash ah ayna kuugu fadhiyin ayay ku siinayaan: <ul style="list-style-type: none"> • Jeegag aad cunto caafimaad leh kaga gadato dukaamada • Jeegag khaas ah oo aad khudaar iyo khudaarta miraha ah kaga iibsato beeralayda Maine, dukaamada iyo suuqyada beeralayda • Warbixin ku saabsan caafimaadka iyo nafaqada • Talooyin ku saabsan caafimaadka uurrayda • Taageero naas nuujinta ah oo ay ka id tahay mashiinka caanaha la isaga liso • Fikrado ku saabsan sida loo quudiyo ilmaha yar yar iyo carruurta • Warbixin ku saabsan koriinka carruurta • Waxay ka warhaynayaan koboca habboon iyo miisaanka carruurta • Waxay cabbiryaan macdanta birta ee dhiiga ku jirta heerka ay tahay • Waxay kuu gudbinayaan xarumaha caafimaadka iyo kuwa kaalmada laga helo
DO NOT: Use checks before the "First Day to Use" date Use checks after the "Last Day to Use" date	HA SAMAYNIN: Ha isticmaalin jeegagga inta aan la gaarin taariikhda ku qoran 'First Day to Use' horteeda Ha isticmaalin jeegagga ka dib taariikhda ku qoran "Last Day to Use" horteeda
<u>How to use WIC checks</u> <ol style="list-style-type: none"> 1. Use your WIC checks only at WIC approved stores. 2. Look at the dates on the WIC check. The first date is the first day you can use the check. The second date is the last day you can use the check. 3. Look at the amount of food you can buy. For example, the number of gallons of milk, ounces of cereal, or cans of juice you can buy is listed here. Always read your WIC Approved Food List to see what food you can buy. 4. Write the total price of the WIC items on the check unless it is printed automatically by the store's cash register. 5. Sign the check and give the check and your ID folder to the cashier. The cashier will make sure your signature matches the authorized representative, participant or the proxy signatures on the WIC ID folder. 6. Separate WIC foods from other foods you are buying. 	<u>Sida loo isticmaalo jeegagga WIC</u> <ol style="list-style-type: none"> 1. Ku isticmaal jeegagga dukaamada loo ogolyahay oo kaliya. 2. Fiiri taariikhda ku hor qoran jeegga WIC; taariikhda hore waa ta ugu horreysa ee aad isticmaali karto. Taariikhda labaadna waa ta ugu danbaysa ee aad jeegga isticmaali karto. 3. Fiiri inta ay dhantahay cuntada aad ku gadan karto. Tusaale ahaan, inta galaan ee caano ah, inta wiqiyadood ee ee siiriyaal ah, ama inta gasac ee khudaarta la miiray (casiir) ah ee aad gadan kartaa halkan ayay ku qoran yihii. Mar walba akhriso Liiska Cuntada ee WIC Ogoshahay si aad u ogaato cuntada aad iibsan karto. 4. Ku qor qiimaha guud ee alaabta ku taalla jeegga WIC haddii uuna maqal hayuhu si otamatik ah ugu daabiciin. 5. Saxeex jeegga una dhiib isaga iyo galka WIC maqalhayaha. Maqalhayuhu wuxu hubsan doonaa in saxeexaaga iyo ka qofka leh ama wakiilka ku qoran Galka Aqoonsiga ah ee WIC ay isleeyihiin. 6. Kala saar cuntada WIC iyo cuntooyinka kale ee aad gadanayso.

7. Call the local WIC office if you have any problems using your WIC checks.	7. Soo wac xafiiska WIC ee deegaanka haddii wax
<ul style="list-style-type: none"> • WIC cannot pay bottle deposits • The store will charge you 5 cents for each bottle of juice you buy • Make sure you have money to pay for the bottle deposit 	<ul style="list-style-type: none"> • WIC ma bixin karto lacagta la isaga reebo dhalada • Tukaanku wuxuu ku saaraya 5 senti dhalo kasta ee aad WIC ku iibsato • Hubso inaad haysato lacag aad ku bixiso qiimaha dhalada loo goosto
Remember: All WIC food provided to each WIC participant is meant only for that person.	Xasuuusnow: Dhamaan cuntada WIC ee la siiyo qofka waxa loogu talagala qofka oo kaliya.
<u>What can I expect from WIC?</u> <ul style="list-style-type: none"> • To be treated with courtesy and respect • A quick response to questions and concerns • Reliable and truthful information about nutrition and health issues 	<u>Maxaan ka filan karaa WIC?</u> <ul style="list-style-type: none"> • In laguula dhaqmo si xushmad leh • Jawaab degdeg ah markaad su'aal weydiiso • War sugar oo lagu kalsoonaan karo oo ku saabsan arrimaha caafimaadka iyo nafaqada
<u>What can I learn from WIC?</u> <p>WIC nutrition counselors share information with you about healthy foods for you and your child. They will give you information about exercise, dental health, lead testing, shots, breastfeeding support, and normal infant and child development. Feel free to ask your WIC counselor any questions you may have. If your counselor does not know the answer to your question, they can refer you to someone who does.</p>	<u>Maxaan ka baran karaa WIC?</u> <p>La taliyayaasha dhinaca nafaqada ee WIC waxay kaaga warrami doonaan cunto adiga iyo ilmahaagaba caafimaad u leh. Waxay ku siin doonaan warbixin ku saabsan jimicsiga jirka, caafimaadka ilkaha, ka baaritaanka ilmaha walaxda lead-ka loo yaqaan. Ha ka cabsan inaad la taliyahaaga WIC weydiiso wixii su'aal ah ee aad qabto, haddii ayna jawaabta hayn, waxay kuu gudbinayaan qof kaaga jawaabi kara.</p>
<u>If I am eligible for WIC, how long can I get benefits?</u> <ul style="list-style-type: none"> • While pregnant • Up to one year after delivery if you are breastfeeding your baby • Up to six months after delivery if you are not breastfeeding • Up to a child's fifth birthday 	<u>Haddii aan xaq u leeyahay WIC, muddo intee le'eg ayaan gaadan doonaa?</u> <ul style="list-style-type: none"> • Markaad uurka leedahay • Ilaa hal sano ka bacd umushaada haddii aad naaska nuujinayso • Ilaa lix sano ka dib umushaada haddii aadan nuujinayn • Ilmuu wuxu qaataa ilaa 5 sano jir uu gaaro
<u>What are my responsibilities?</u> <ul style="list-style-type: none"> • To show courtesy and respect to the people who work in the WIC office and in grocery stores • To keep appointments or call if I want to change my appointment or am running late • To get benefits from only one WIC agency at a time 	<u>Maxaa la iiga baahanyahay?</u> <ul style="list-style-type: none"> • Inaad tixgeliso shaqaalaha WIC iyo dukaanleyda • Inaad ballanta ilaalso haddii aad badalanayso ama soo daahaysana aad soo wacdo • Inaadan hal meel ka badan ka qaadan WIC isla hal waqtii
<u>Foods you buy with WIC checks cannot be:</u> <ul style="list-style-type: none"> • Returned to the store for cash, refunds, or credit • Resold or given to anyone • Exchanged for other foods, products or services <p>You may lose your WIC benefits and have to repay the cost of the WIC foods if you sell or exchange them. You must return infant formula that you do not use to the WIC office.</p>	<u>Cuntada aad ku iibsato WIC:</u> <ul style="list-style-type: none"> • Dukaanka laguma soo celin karo si kaash loogu beddesho, jeeggii laguu soo celiyo ama dayn aad yeelato • Lama sii gadi karo qof kalena lama siin karo • Cunto ama alaab kale laguma beddelan karo, shaqo laguu qabtayna laguma bixin karo <p>Waxaa laga yaabaa inaad weydo WIC lacagta WIC-na haddii aad sii gaddo ama wax kale ku beddelato. Waa inaad caanaha ilmaha ee soo hara ku soo celisaa xafiiska WIC.</p> <p>Haddii aad sheegto war aad ogtahay inuu been yahay ama khayaano ku jirto ama runta qariso, wax ka baddasho ama warka kala reebto, waxay keeni kartaa in lacagtii aad wax ku gadatay WIC qiimaeeda dib ugu soo guddo. Waxaana</p>
<u>If you give information that you know is false or misleading or if you misrepresent, conceal, or withhold facts, you may have to pay cash to the</u>	

WIC program for the value of the food purchased with WIC checks. You may also face civil or criminal prosecution under state and federal law.

What if I move?

If you plan to move somewhere else in Maine, you can check the last page of this handbook for a listing of all WIC offices in the state. If you plan to move out of Maine, you can call your local WIC office. They can give you information about WIC programs in other states and overseas. You may also call the State WIC Office at 1-800-437-9300.

What is a proxy?

A proxy is someone you trust. You give this person permission to cash your WIC checks if you can't go to the store. If you assign someone to be a proxy that person must sign this WIC ID folder and must bring this folder when [a] cashing WIC checks at the store. You must make sure your proxy understands what foods to buy and how to use the WIC checks.

A proxy may also take your place at WIC appointments if you give him or her permission when you sign the proxy form at your WIC visit. The proxy must bring this ID folder to the appointment along with a valid form of ID.

Why can't WIC staff talk to my friend or my mother about my child or me?

The WIC Program protects your right to privacy. WIC will not share any information without your permission. This includes appointment times and medical information. However, if a WIC staff member believes that a child is in danger, she or he must report this to a DHHS staff member who will follow up with the family.

What if I lose my WIC checks or they are stolen?

If you believe your WIC checks have been stolen, report it to your local police right away. Lost or stolen WIC checks should also be reported to your local WIC office immediately. However, WIC cannot replace checks that are reported lost or stolen. Talk to your WIC counselor about food assistance in your area for you or your child.

What if I damage my WIC checks?

If you spill something on your checks or rip them, return the checks to your local WIC. WIC may replace them.

How can I lose my WIC benefits?

There are serious consequences if you misuse the benefits and services of the WIC program. The following actions are not allowed or can affect your benefits:

dhici karta in maxkamadda goboka ama ta dowladda fe

Maxaa dhacaya haddii aan guuro?

Haddii aad damacsantahay inaad u guurto meel kale oo gobolka Maine ka tirsan, waxaad buuggan ka fiirin kartaa liiska dhamaan xafiisyada WIC ee Maine ku yaalla. Haddii aad damacsatahay inaad Maine ka guurto, waxaad wici kartaa xafiiskaaga WIC. Waxay ku siin karaan warbixinta WIC ee gobollada kale iyo waddanka dibaddiisa. Waa kalood wici kartaa lambarka xafiiska guud ee WIC ee gobolka oo ah: 1-800-437-9300 deraalka ah lagula tiigsado.

Waa maxay wakiil?

Waa qof aad ku kalsoontahay. Waa qof aad siiso ogolaansho inuu jeegaggaaga ku soo adeego haddaad dukaanka tagi kari weydo. Haddii aad qof ka dhigato wakiil, waa inuu qofkasi buuggan saxeexo una soo qaato dukaanka markuu ku adeegayo. Waa inaad xaqijiso in wakiilkaagu garanayo cuntada lagu soo gadan karo WIC

Wakiilku waxa kale oo uu kuu tagi karaa ballamahaaga WIC haddii aad u ogolaato kuna qorto foomka wakiilka markaad xafiiska timaad. Wakiilku waa inuu buuggan iyo aqoonsi la yimaad ballanta.

Waa maxay sababta shaqaalaha WIC ayna saaxiibkay ama hooyaday ugala hadli karin arrimahayga ama kuwa ilamahayga?

Barnaaamijka WIC wuxuu ilaaliyaa xaqa aad u leedahay in la dhawro xogtaada. WIC ma dhiibi doonto xogtaada adigoon oggolaan. Xogtaas waxa ka mid noqon kara ballamahaaga iyo caafimaadkaaga. Hase ahaatee, haddii shaqaalaha WIC ay u maleeyaan in ilmo khatar ku suganyahay, waxa waajib ku ah inay la socodsiyaan shaqaalah DHHS kuwaas oo qoyska la soo xiriiri doona.

Maxaa dhacaya haddii ay jeegagga WIC iga lumaan ama la iga xado?

Haddii aad u malayso in jeegaggaaga WIC lagaa xaday, isla markaaba booliska deegaankaaga u sheeg. Sidoo kale jeegagga luma ama la xado waa in isla markaaba lala socodsiyo xafiiska WIC ee deegaankaaga. Hase yeeshie, kuuma beddelli karaan jeegagga la soo sheegay inay lumeen ama la xaday. Kala hadal la taliyahaaga WIC si aad u ogaato meel kale oo aad kaalmo cunto uga heli karto adiga iyo ilmahaaga.

Maxaa dhacaya haddii aan jeegaggayga WIC waxyeelleeyo?

Haddii wax kaaga daato ama aad jeexdo jeegagga ku so celi xafiiska WIC, waxa laga yaabaa in laguu beddelo.

Sideebaan ku waayi karaa WIC?

Haddii aad si khalad ah u isticmaasho WIC, waxay arrintaasi keeni kartaa dhibaatooyin xoog leh. Falalka hoos ku qoran lama oggola waxayna wax u dhimi karaan kaalmada aad hesho:

- Providing false information to get WIC benefits, including income, family size and residence location of all those applying for WIC benefits
- Getting WIC checks at more than one local agency or clinic site during the same calendar month
- Selling or exchanging WIC checks for cash, credit, other foods or services
- Selling or exchanging foods, including infant formula, purchased with WIC checks for cash, credit, other foods or services
- Changing any information on a WIC check
- Speaking to a WIC or store employee in a threatening or obscene way
- Physically threatening or hurting a WIC or store employee
- Damaging WIC or store property
- A change in income level
- Missing scheduled appointments
- Change of custody for child(ren) receiving food benefits

How Do I Buy WIC Foods?

Before you go to the store, make sure you have this WIC ID folder that includes the WIC Approved Food List and valid checks. Look at the WIC Approved Food List within this booklet to make your choices. You can use your WIC checks only for food on the list. If you have questions about WIC approved foods, call your local WIC office before you go to the store. If you buy food that is not on the WIC Approved Food List, you or your child could lose WIC benefits. Even the store could get in trouble.

You can use any number of valid WIC checks at one time. Separate and group the food you will buy with each WIC check. The cashier has to scan the items on each check, and you have to cash each check one at a time.

- Adigoo war been ah ah u sheega xafiiska WIC, kaasoo ay ka mid tahay dakhligaaga, tirada qoyskaaga iyo meesha ay ku noolyiihin dadka codsanaya WIC oo aad been ka sheegto
- Inaad wax ka badan hal xafiis ka qaadato jeegagga WIC isla bil gudeheed
- Inaad gaddo ama aad jeegagga WIC ku beddelato lacag caddaan ah, amaah ku bixiso, ama adeeg kale ku qabsato
- Cuntada oo aad sii iibiso ama wax kale ku beddelato, taasoo ay ka mid noqon karto caanaha ilmaha ee WIC lagu iibsaday oo kaash lagu beddesho, dayn lagu bixiyo, cunto kale ama adeeg lagu baddasho
- Waxa WIC kuugu qoran oo la baddalo
- Adigoo shaqaalaha WIC ama kuwa dukaanka u hanjaba ama caaya
- Shaqaalaha WIC oo aad naftooda khatar geliso ama wax yeesho
- Hantida WIC ama dukaanka oo aad waxyeesho
- Dakhligaaga oo isbeddela
- Ballamaha oo aad goyso
- Masuuliyaddii ilmaha qaadanayey kaalmada oo kaa wareegta

Sideen u gadan karaa cuntooyinka WIC?

Intaadan dukaanka tegin, hubso inaad galkan ay ku jiraan liiska cuntada iyo jeegag sax wadato. Fii ri liiska cuntada ee buuggan ku qoran si aad u xulato cuntada. Jeegagga waxaad u isticmaali kartaa cuntada liiskan ku qoran oo kaliya. Haddii aad su'aal ka qabto cuntooyinka WIC ay oggolyiihin soo wac xafiiska degaankaaga ee WIC intaadan dukaanka tegin. Haddii aad iibsato cunto aan hayn ta WIC oggoshahay, adiga iyo ilmahaaguba waxaad ku waayi kartaan kaalmada WIC. Dukaanka laftiisa dhib ayaa kaga iman kara. Wixaad isticmaali kartaa intaad doonto oo jeegag wakhtigoodii gaaray ah isla hal mar. kala saar oo gooni u dhig cuntada aad ku iibsanyaso jeeg walba. Maqal hayo waa inuu jeeg kasta alaabta la socota gooni u mariyaa maqalaka, jeeg kastana waa inaad midkiiba mar wax ku iibsataa.

If you or your child is scheduled to be recertified, please remember to bring:

- Your child(ren)
- Proof of income—all income in your household for the last 30 days or your MaineCare card
- Proof of residency—anything showing your name and street address.
- Identification for the person receiving WIC benefits. For an infant or child, this can be a birth certificate, shot record, or crib card from the hospital. A driver's license can be used for a woman.

Shot record(s) for all children enrolled in the program.

Hadii ilmahaaga dib loo fiirinayo, fadlan soo qaad ilmahaaga: Magaca ilmaha:

- Caddaynta dakhliga-dakhliga soo gala qoyskaaga oo dhan 30kii bari ee u danbaysay ama karakaaga MaineCare
- Caddayn halka aad daggantahay—Wax kasta oo muujinaya magacaaga iyo meesha aad daggantahay.
- Aqoonsiga qofka qaata WIC. Ilmaha yaryar ama caruurta, waxa aqoonsi u noqon kara shahaadada dhalashada, kaarka Tallaalka, ama kaarka Ummusha Isbitaalka lagala yimid. Hooyadu waxay isticmaali kartaa liisanka baabuur wadista.

Kaar/kaararka Tallaalka dhamaan carruurta ku jirta barnaamijka WIC

Breastfeeding is a gift of love

If you are a new mom, the WIC staff encourages you to breastfeed.

- Breastmilk is the best food for your baby!
- Breastmilk protects your baby against many allergies and illnesses.
- Breastfeeding creates a very special bond between you and your baby.

Women on WIC who are fully breastfeeding get extra benefits. You will also get breastfeeding support and in some circumstances, you may be provided a breast pump.

Many WIC agencies in Maine also have a Mom to Mom Program with Breastfeeding Peer Counselors you can consult with, who will listen to your concerns and answer your questions.

WIC Breastfeeding Peer Counselors are:

- Moms just like you
- Available day and night
- Experienced at breastfeeding
- Trained to help solve breastfeeding concerns
- Trained to know when medical help is needed

Many breastfeeding concerns can be easily fixed.

Naas nuujintu waa fal naxariisi ku jirto

- Caanaha naasku waa cuntada ugu fiican ee ilmahaagu heli karo.
- Caanaha naasku waxay ilmahaaga ka celiyaan alarji (xajin) iyo cudurro badan.
- Caanaha naasku waxay ilmaha iyo hooyada ka dhex abuuraan kalgacal dheeraad ah.

Haweenka naaska nuujiya waxa la siiyaa kaalmo dheeraad ah Waxaa lagu siin doonaa kaalmo ku saabsan sidaad naaska u nuujin lahayd, waxana laga yaabaa in lagu siiyo mashiinka lisa naaska. Waxaa lagu siin doonaa kaalmo ku saabsan sidaad naaska u nuujin lahayd, waxana laga yaabaa in lagu siiyo mashiinka lisa naaska.

Hay'ado badan oo Maine ahi waxay leeyihii hooyooyin naas nuujinta kula taliya oo aad la hadli karto, kuwaas oo dhagaysan doona waxaad ka walwalayso kana jawaabi doona su'aalahaaga.

Hooyooyinka WIC ee naas nuujinta kaala talinayaan waa:

- Hooyooyin adiga oo kale ah
- Habeen iyo maalin la heli karo
- Khibrad u leh naas nuujinta
- Loo tababaray inay xalliyaan wixii cabsi ah eed ka qabto naas nuujinta
- Utababaran inay gartaan marka loo baahan yahay gargaar caafimaad

Cabsida laga qabo naas nuujinta badankeeda si dhib yar ayaa loo xallin karaa.

WIC Client Rights

Your Rights :

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

If you feel you have been treated unfairly because of your race, color, national origin, sex, age, or disability you can file a complaint by writing or calling:

ADA Compliance/EEO Coordinator

11 State House Station

Augusta, Maine 04333

Telephone: 207-287-4289/207-287-3488

TTY: 1-800-606-0215

- OR -

U.S. Department of Agriculture

Director, Office of Adjudication and Compliance

1400 Independence Ave., SW Washington, DC

20250-9410

Telephone (Toll Free) 1-800-795-3272 (voice) TTY (202) 720-6382

You can appeal a decision made by the WIC program to deny benefits. Information about how to do this will be given to you if benefits are denied.

Xuquuqda uu Leeyahay Qofka Kaalmada ka Hela WIC

Xuquuqdaada

Sida uu dhigayo xeerka Federaalka ah iyo ka Wasaaradda Beeraha, hay'addan waxaa manuuxc ka ah inay samayso eexasho ku saabsan isir, midab, waddanka qofku ka yimid, lab ama dhaddig, da' ama laxaad la'aan.

Haddii aad u malayso in si xaq darro ah laguula macaamilay, isir, midab, waddankaad u dhalatay, lab ama dhaddig, da' ama laxaad la'aantaada aawadeed, waxaad dacwad ka xarayn kartaa adigoo soo wacaya ama warqad ku soo hagaajinaya:

ADA Compliance/EEO Coordinator

11 State House Station

Augusta, Maine 04333

Telefoon: 207-287-4289/207-287-3488

TTY: 1-800-606-0215

- AMA -

U.S. Department of Agriculture

Director, Office of Adjudication and Compliance

1400 Independence Ave., SW Washington, DC 20250-

9410

Telephone (Toll Free) 1-800-795-3272 (cod) TTY

(dhagoole) (202) 720-6382 Vous pouvez interjeter appel contre la décision du Programme WIC de refus d'aide.

L'information pour ce faire vous sera donnée si l'aide vous

	<p>est refusée.</p> <p>DHHS Non-Discrimination Notice The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.</p>
<p>The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services 1-800-437-9300 or 207-287-3991 TTY users call Maine relay 711 (deaf or hearing impaired) www.wicforme.com</p>	<p>Haddii ay WIC go'aan ku gaaraan inay kaa gooyaan gargaarka aad hesho, waxaad ka qaadan kartaa rafcaan. Warbixin arrintaas ku saabsan ayaa lagu siin doonaa haddii laguu diido raashinka WIC.</p> <p>DHHS Ogaysiis ku saabsan Inay eexashadu mammuuc naga tahay Wasaaradda Caafimaadka iyo Adeegga Dadka (DHHS) ma samayso eexasho ku saabsan isirka, midabka, caqjidada, jinsi, labeeb ama caadi, da'da, waddanka loo dhasho, marka ay bixinayso ogolaansho, waxqabadka barnaamijyadeeda, adeegyada ay bixiso, hawlahay ay qabanayso, ama marka ay shaqaale qoranayso. Ogeysiiskan waxaa lagu siiyey iyadoo la fulinayo cutubka 2d ee "Americans with Disabilities Act (Xeerka Xuquuqda Dadka Laxaadka La' ee Maraykanka) ee soo baxay 1990; iyo iyadoo la tixraacayo "Civil Rights Act" (Xuquuqda Dadka Laga Tiro Badanyahay) oo soo baxay 1964 qoraalkiisi danbe, Qaybta 504 Xeerka Dhaqan Celinta ee soo baxay 1973, qoraalkiisa danbe, Xeerka Xuquuqda Waayeelka ee soo baxay 1975, Cutubka 4d ee khuseeya waxbarashada oo soo baxay 1972 iyo Xeerka Xuquuqda Aadanaha ee Maine iyo Amarka Maamulka Fulinta ee Maine ee khuseeya dhinaca qandaraas bixinta. Wixii su'aalo, cabasho, cabsi aad qabto ama codsi faahfaahin dheeraad ah, waxaa loo gudbin karaa: DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (cod), 207-287-3488 (cod), Dadka dhagaha culus waxay garaaci karaan 711. Dadka u baahan kaalmo si ay u gudbin karaan dacwada/cabashadooda ku saabsan barnaamijyada iyo adeegyada DHHS waxaa laga codsanayaa inay la xiriiraan ADA Compliance/EEO Coordinators (isku-duwaha hirgelinta Xeerka Xuquuqda Dadka Laxaadka La'). Ogeysiiskan waxaa la heli karaa isagoo hab kale u qoran haddii aad codsato.</p> <p>Barnaamijka WIC ee nafaqadu waa barnaamij dadku u simanyahay oo ay maamusho Wasaaradda Caafimaadka iyo Adeegga Dadka ee Maine. 1-800-437-9300 or 207-287-3991 TTY (dhagoolaha ama dhaga culus) wac 711 www.wicforme.com</p>

